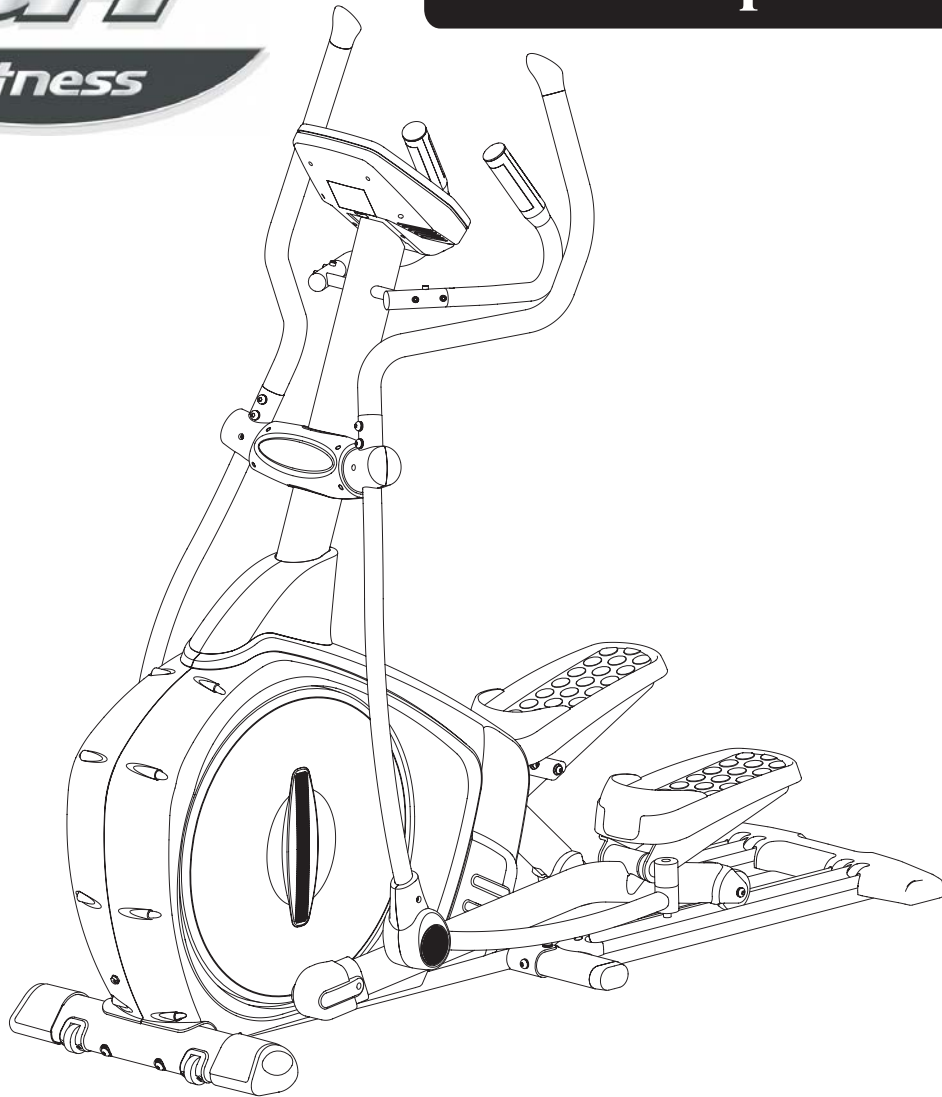




XS8 Elliptical



OWNER'S MANUAL

ASSEMBLY OPERATION MAINTENANCE WARRANTY PARTS ORDERING

CAUTION: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

BH North America Foothill Ranch , California 92610



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ATTACHMENT - A

IMPORTANT SAFETY ADVICE

PRECAUTIONS

This elliptical has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the elliptical. The following safety precautions should also be observed:

1. Keep children or pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this elliptical is kept.
2. It can only be used by one person at a time.
3. If you experience dizziness, nausea, chest pains or any other symptom while using this appliance STOP the exercise. SEEK MEDICAL ATTENTION IMMEDIATELY!
4. Use the unit on a mat, placed level, on solid surface. Adjust the stabilizer for assure stability.
5. Keep your hands well away from any of the moving parts.
6. Wear clothing suitable for doing exercise. Do not use baggy clothing that might get caught up in the elliptical. Always wear running shoes or trainers when using the machine.
7. This appliance must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by the manufacturer.
8. Do not place sharp objects near the machine.
9. Disabled people should not use the machine without the assistance of a qualified person or a doctor.
10. Do warm up stretching exercises before using the equipment.
11. Do not use the elliptical if it is not working correctly.
12. The moving elliptical pedals can cause injury.
13. Before using the elliptical, thoroughly inspect the elliptical for proper assembly.
14. A parameter distance of 3 feet / 1 meter is required before operating the unit.
15. This elliptical is not suitable for therapeutic use.
16. This elliptical should only be used after a through review of the operation manual and the warning label.

Caution: Consult your doctor before beginning to use the elliptical. This advice is especially important for those over 35 years of age or suffering from health problems.

Read all of the instructions before using any exercise equipment.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE

ATTACHMENT - B

TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

Basic Components of Physical Fitness

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km/6.2 mi without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your **maximum oxygen uptake** (Vo₂). This is often referred to as your **aerobic capacity**.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased Vo₂ indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, 100 meter/328 feet sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As you become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

ATTACHMENT - B (cont'd)

Specifics

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

Warm Up

Every exercise program should start with a **warm up** where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

Stretching should be included in both your **warm up** and **cool down**, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

Heart Rate

As you exercise, the rate at which your heart beat increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute(BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are "starting fitness".

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10Second Count		23	22	22	21	20	19	19	18
Beats per Minute		138	132	132	126	120	114	114	108

Pulse Count

The pulse count(on your wrist or carotid artery in the neck, taken with two index fingers)is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

ATTACHMENT - B (cont'd)

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65	
Target heart Rate										
10 Second Count		26	26	25	24	23	22	22	21	20
Beats per Minute		156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

What to Wear

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

Breathing during Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods

ATTACHMENT - B (cont'd)

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

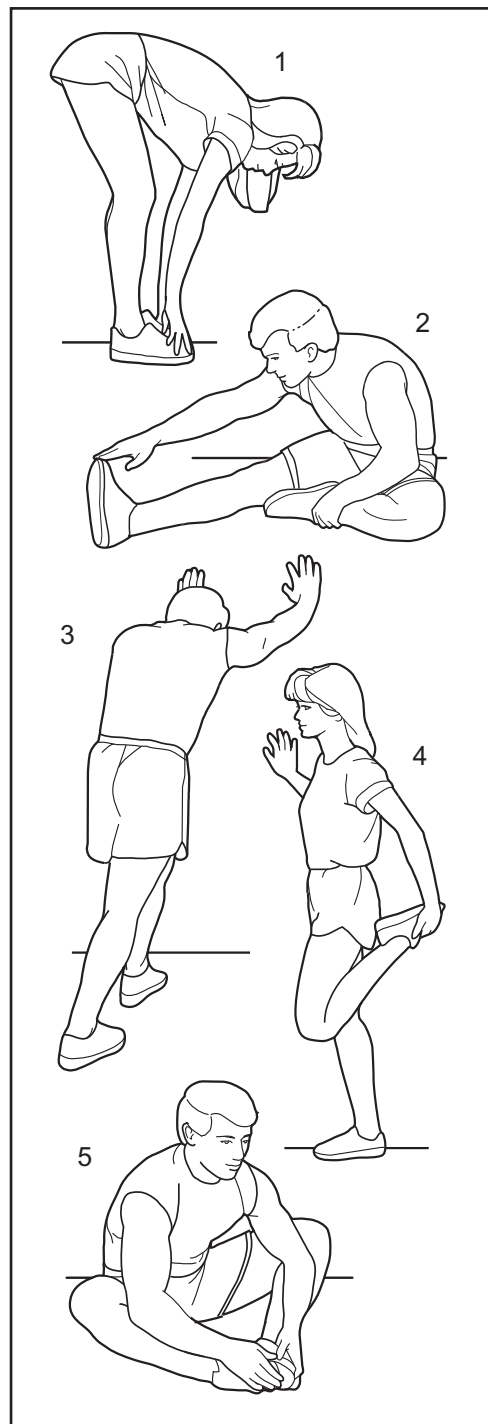
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

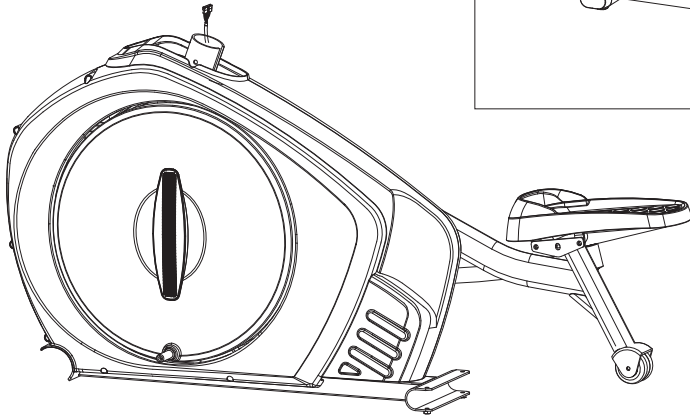
Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



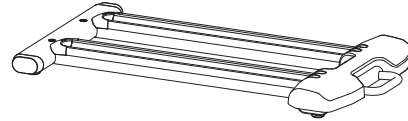
PARTS & HARDWARES

PARTS LIST

A Main frame



C Side Track



B Front stabilizer

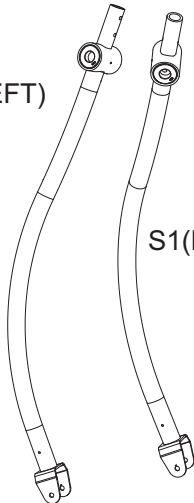


S2(LEFT)

S1(RIGHT)

S

Connect handle
bar tube

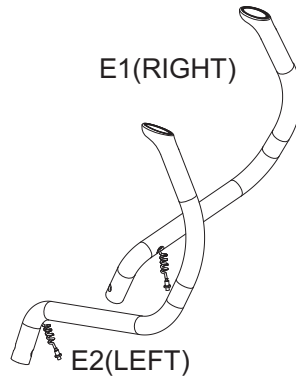


E

Side handlebar

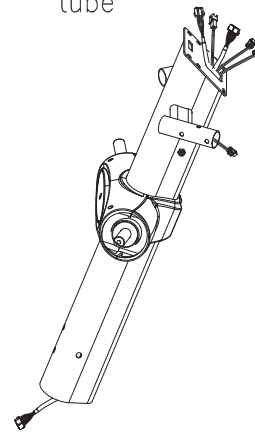
E1(RIGHT)

E2(LEFT)



D

Central support
tube

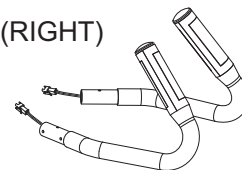


G

Front handlebar

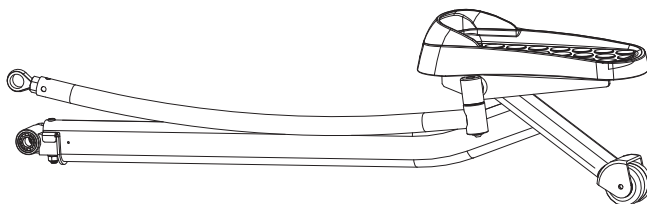
G1(RIGHT)

G2(RIGHT)


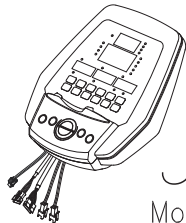
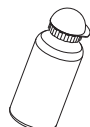



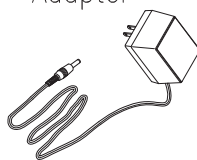

















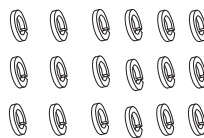









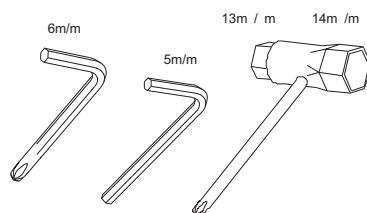


F

Connected with pedal tube(LEFT)



PARTS & HARDWARES (cont'd)

PARTS LIST					PARTS & HARDWARES (cont'd)				
<div>H</div> <div>Decoration Cover</div> <div></div>		<div></div> <div>Monitor</div>		<div>(K1)Water bottle</div> <div></div>		<div>(K2) Bottle holder</div> <div></div>			
<div>L</div> <div>Decortation cover of pedal tube</div> <div>L1(R)<div></div></div> <div>L2(L)<div></div></div>		<div>M</div> <div>Adapter</div> <div></div>		<div>N</div> <div>N2(REAR)</div> <div>N1(FRONT)<div></div></div> <div></div> <div>Decortation cover of handle bar</div>					
<div>R</div> <div>R1 SCREW M8X58</div> <div></div> <div>R2 SCREW M8X70</div> <div></div> <div>R3 SCREW M8X20</div> <div></div>				<div>P</div> <div>Decortation cover of jointed pedal tube</div> <div>P1(LEFT)<div></div></div> <div>P2(RIGHT)<div></div></div>					
<div>R4 SCREW M10X112</div> <div></div> <div>R5 SCREW M5X20</div> <div></div> <div>R6 SCREW M6X10</div> <div></div> <div>R7 SCREW M8X15</div> <div></div>									
<div>R8 SCREW M8X20 BK</div> <div></div> <div>R9 SCREW M4X15</div> <div></div> <div>R10 SCREW M4X10</div> <div></div> <div>R11 SCREW M8X20 BK</div> <div></div>				<div>R22 NUT M8</div> <div></div>					
<div>R12 SCREW M5X10</div> <div></div> <div>R13 SPRING WASHER M8</div> <div></div> <div>R14 WASHER M8X16X1.2</div> <div></div> <div>R15 WASHER M10X$\phi 22 \times 1.5$</div> <div></div> <div>R23 WASHER $\phi 20 \times \phi 25.2 \times 0.4$</div> <div></div>									
<div>R16 SPRING WASHER M8 BK</div> <div></div> <div>R17 SPRING WASHER M10</div> <div></div> <div>R18 BUSHING</div> <div></div>									
<div>R19 RING</div> <div></div> <div>R20 WASHER M8X$\phi 22 \times 2.0$</div> <div></div> <div>R21 WASHER M8X$\phi 25 \times 2.0$</div> <div></div>									
<div>TOOL</div> <div></div>									

PRE-ASSEMBLY INSTRUCTION

GENERAL INSTRUCTIONS

Carefully read through the instructions contained in this manual. It provides you with important information about assembly, safety and use of the machine.

1. This unit has been designed for light commercial use. The weight of the user must not exceed 400 lbs. (181 kg.)
2. Keep your hands well away from any of the moving parts.
3. Parents and/or those responsible for children should always take their curious nature into account and how this can often lead to hazardous situations and behavior resulting in accidents. Under no circumstances should this appliance be used as a toy.
4. The owner is responsible for ensuring that anyone who uses the machine is duly informed about the necessary precautions.
5. Your unit can only be used by one person at a time.
6. Use suitable clothing and footwear. Make sure all laces/cords are tied correctly.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE

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Web: www.bhnorthamerica.com
Mon - Fri 8am - 5pm PST

ASSEMBLY INSTRUCTIONS

FIGURE 1

ASSEMBLY FOR FRONT STABILIZER

Secure the front stabilizer(B) to the main frame(A) using two screws(R4), two spring washers(R17) and two washers(R15).

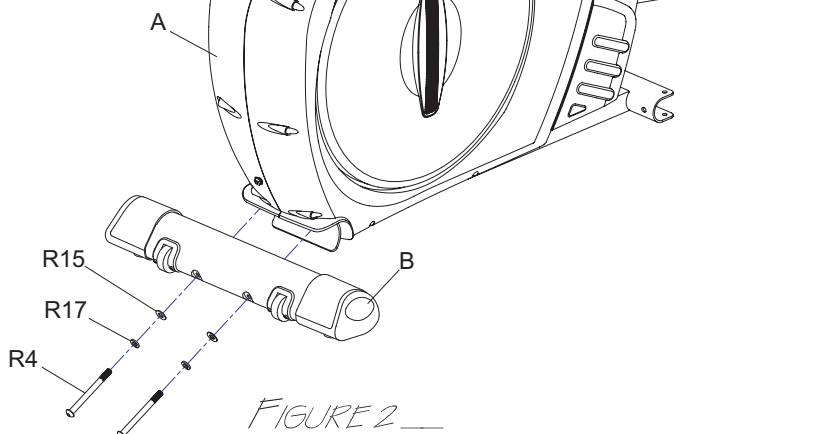
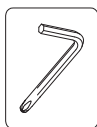
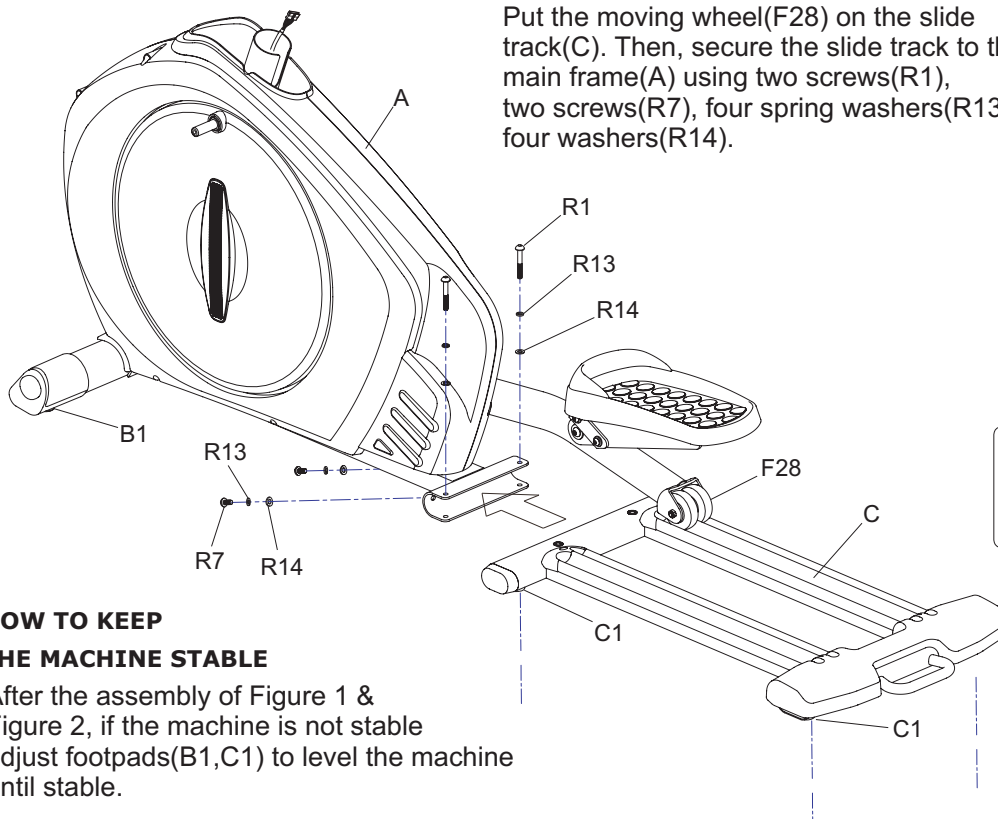


FIGURE 1

FIGURE 2

ASSEMBLY FOR SLIDE TRACK

Put the moving wheel(F28) on the slide track(C). Then, secure the slide track to the main frame(A) using two screws(R1), two screws(R7), four spring washers(R13) and four washers(R14).



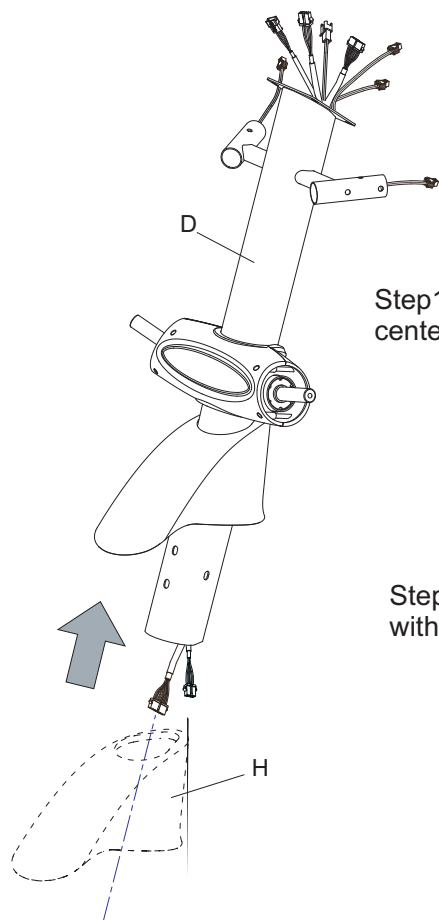
HOW TO KEEP THE MACHINE STABLE

After the assembly of Figure 1 & Figure 2, if the machine is not stable adjust footpads(B1,C1) to level the machine until stable.

ASSEMBLY INSTRUCTIONS (cont'd)

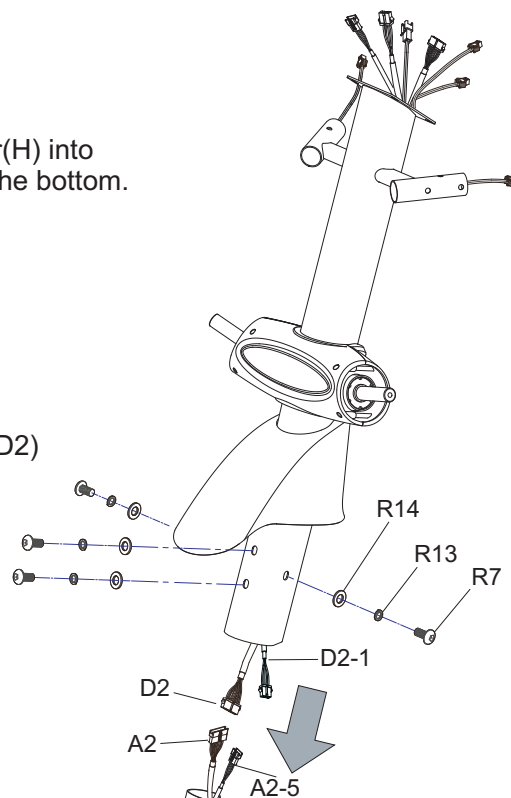
FIGURE 3

ASSEMBLY FOR CENTRAL SUPPORT TUBE & DECORATION COVER



Step1. Slide decorative cover(H) into center support tube(D) from the bottom.

Step2. Connect the sensor(D2) with cable sensor(A2).

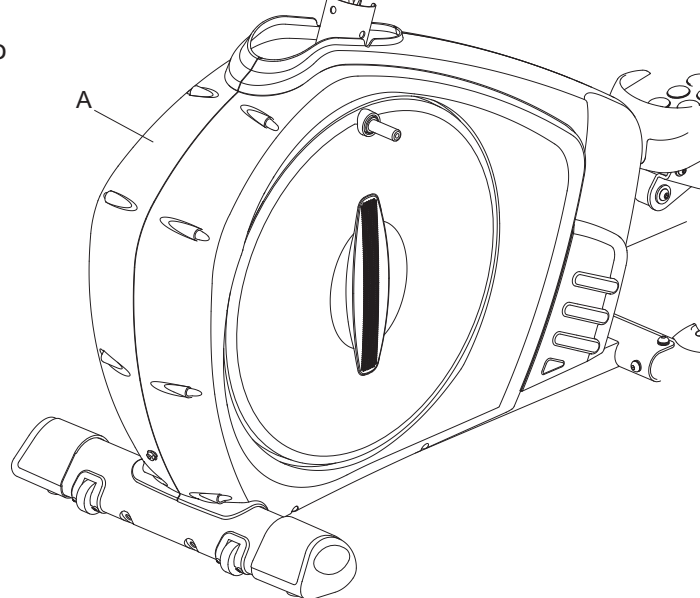
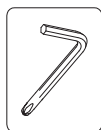


Step3. Insert the center support tube onto the main frame(A). Then, secure them with bolts(R7), spring washers(R13) and washers(R14).

Step4. Slide the decorative cover down.

ATTENTION:

TAKE CARE NOT TO PINCH THE CABLES OR WIRES WHILE ASSEMBLING THE MACHINE.



ASSEMBLY INSTRUCTIONS (cont'd)

FIGURE 4

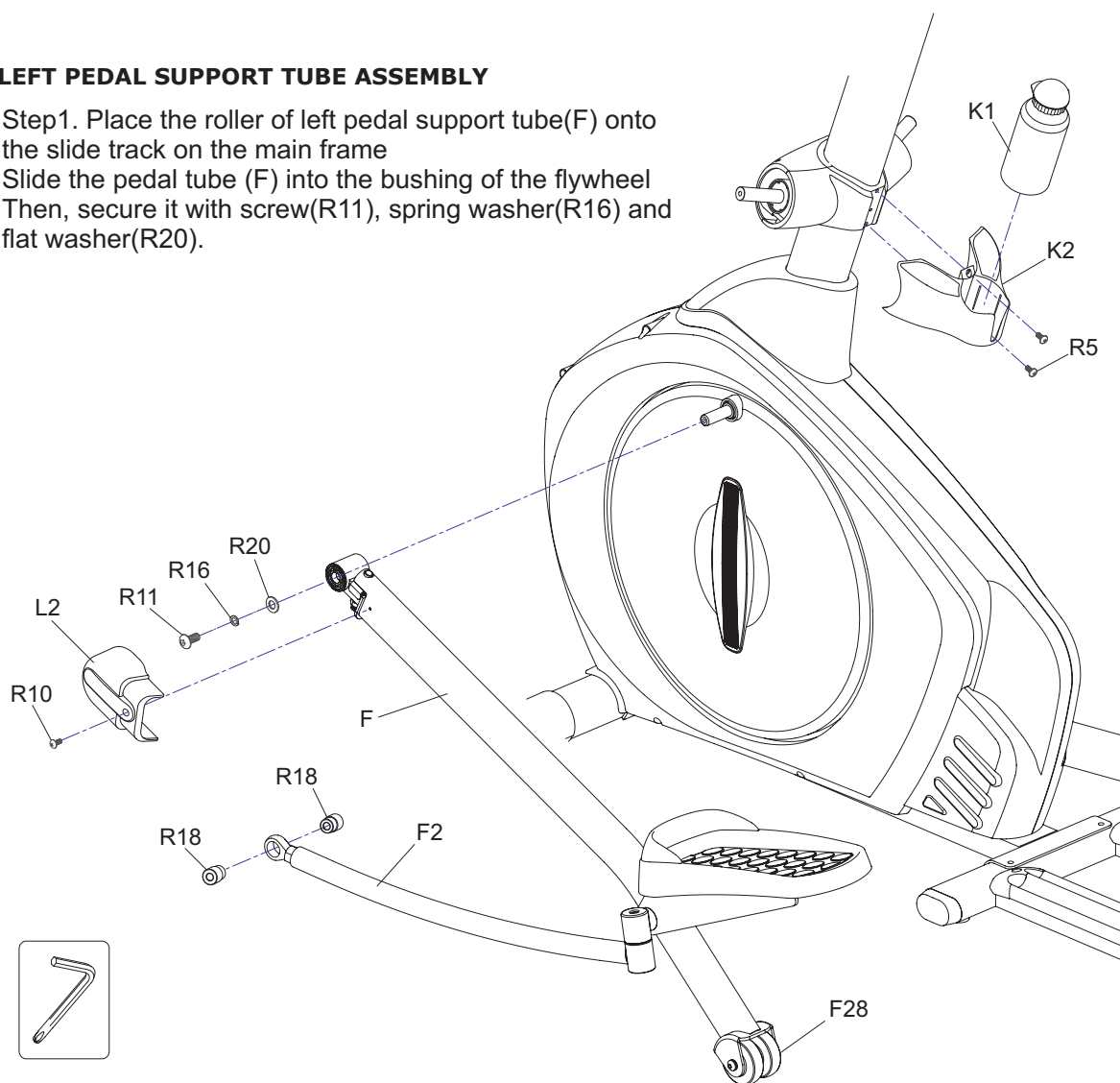
BOTTLE HOLDER ASSEMBLY

Attach the bottle holder(K2) to the center support tube with screws(R5).

FIGURE 4

LEFT PEDAL SUPPORT TUBE ASSEMBLY

Step1. Place the roller of left pedal support tube(F) onto the slide track on the main frame
Slide the pedal tube (F) into the bushing of the flywheel
Then, secure it with screw(R11), spring washer(R16) and flat washer(R20).



Step2. Snap the left joint cover(L2) to the left pedal support tube(F) and tighten with screw(R10).

Step3. Insert the bushing(R18) into the connect tube(F2).

REPEAT STEP1 ~ STEP3 FOR THE RIGHT PEDAL SUPPORT TUBE

ASSEMBLY INSTRUCTIONS (cont'd)

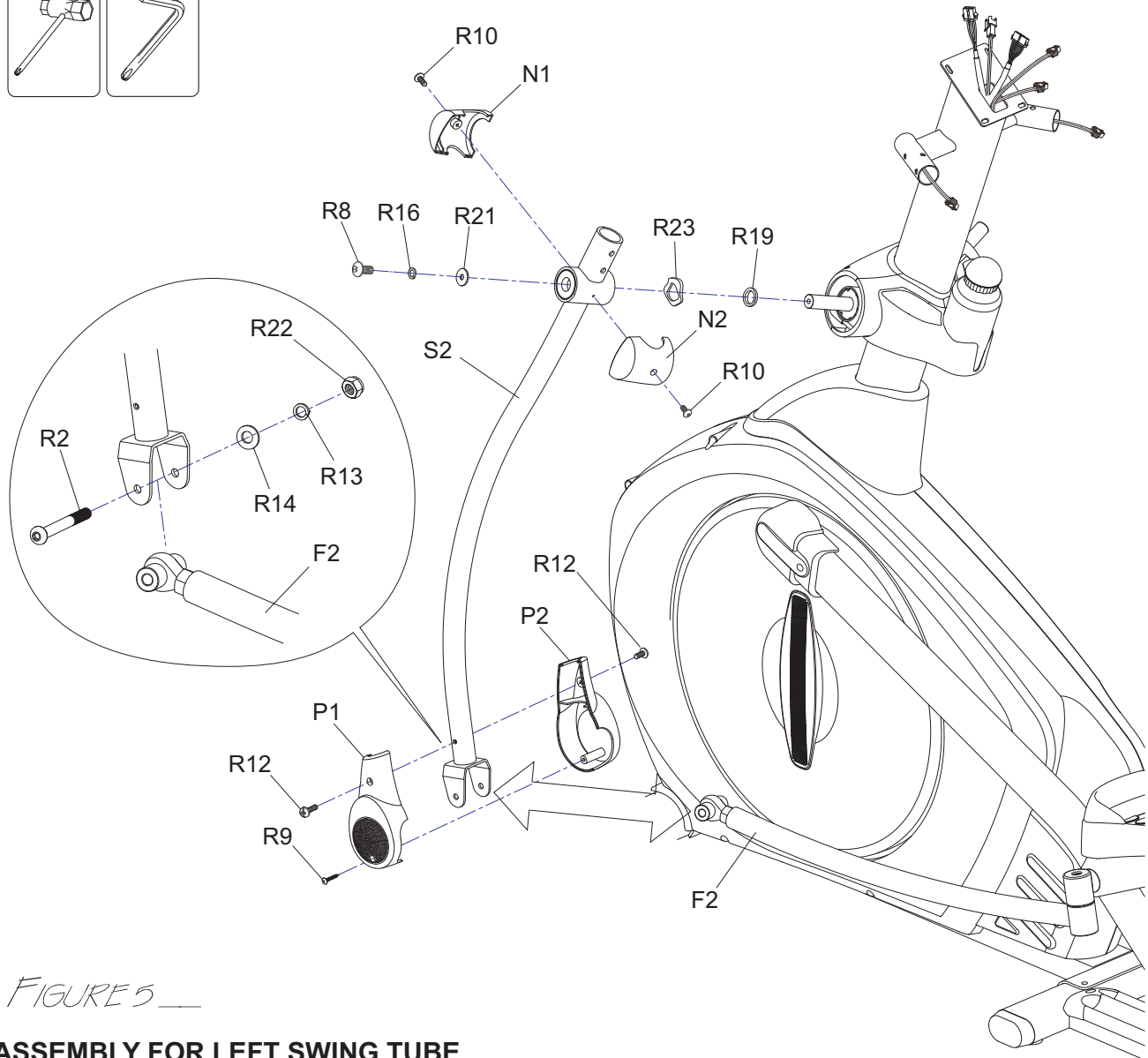
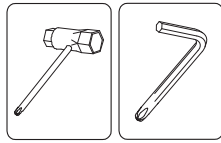


FIGURE 5

ASSEMBLY FOR LEFT SWING TUBE

Step1. Insert the ring(R19) and washer(R23) into the center support tube.

Step2. Attach the left swing tube(S2) to the center support tube with screw(R8), spring washer(R16) and flat washer(R21).

Step3. Secure the connect tube(F2) with swing tube((S2) using screw(R2), flat washer(R14), spring washer(R13) and nut(R22).

Step4. Snap the joint covers(P1 & P2) to left swing tube(S2) and tighten using screws(R12) and screw(R9).

Step5. Snap the joint covers(N1 & N2) to left swing tube(S2) and tighten using screws(R10).

REPEAT STEP1 ~ STEP5 FOR THE RIGHT SWING TUBE

ASSEMBLY INSTRUCTIONS (cont'd)

FIGURE 6

ASSEMBLY FOR SIDE HANDLE BAR

Step1.

Insert the right handle bar(E1) into the right swing tube(S1). Then, secure them using flat washers(R14), spring washers(R13) and screws(R3).

Step2.

Insert the sensor wire(E1-1) of the right handle bar(E1) into the available sensor hole(D1-3) of the center support tube.

REPEAT STEP1 ~ STEP2 FOR THE LEFT HANDLE BAR

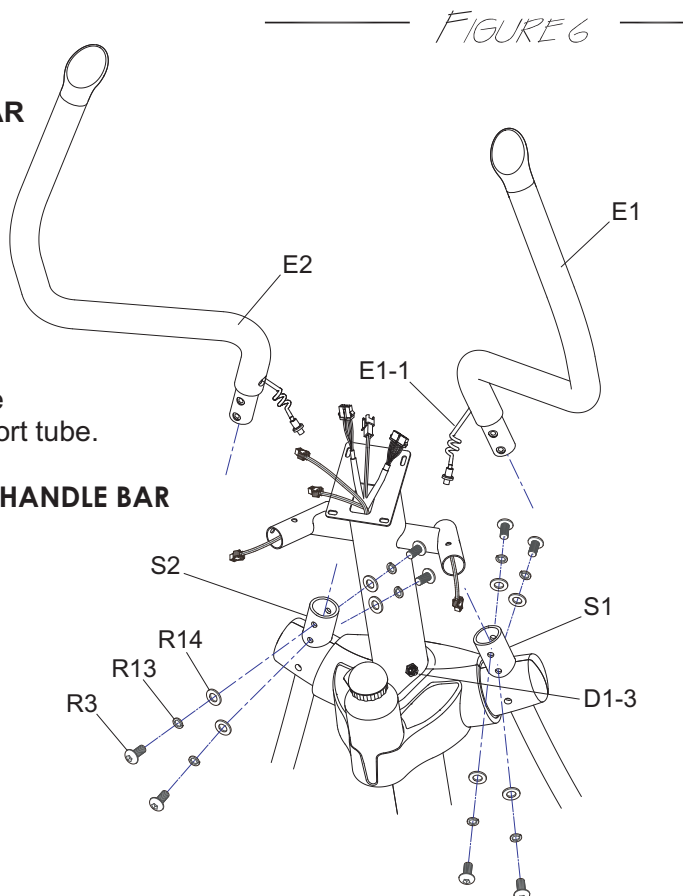


FIGURE 7

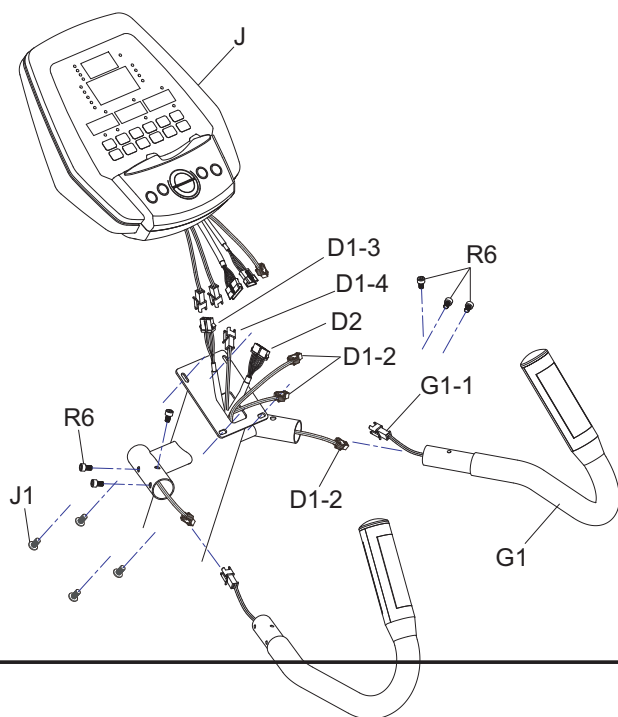


FIGURE 7

ASSEMBLY FOR HANDLE BAR

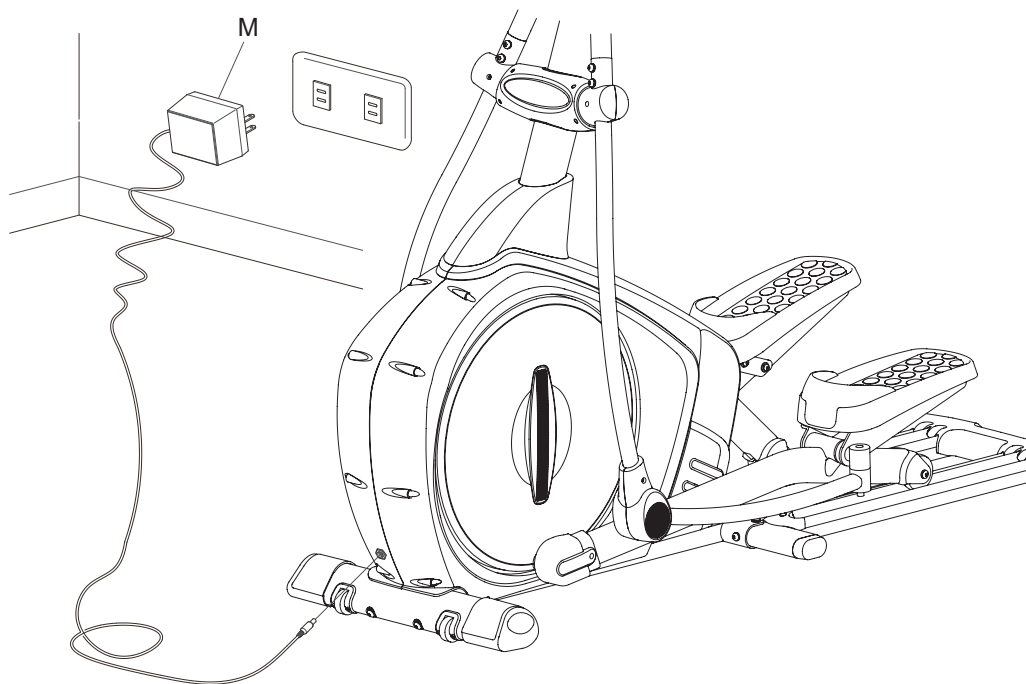
Connect the sensor wires(G1-1) and (D1-2). Then, attach the right handle bar(G1) with center support tube with screws(R6).

REPEAT FOR THE LEFT HANDLE BAR

ASSEMBLY FOR CONSOLE

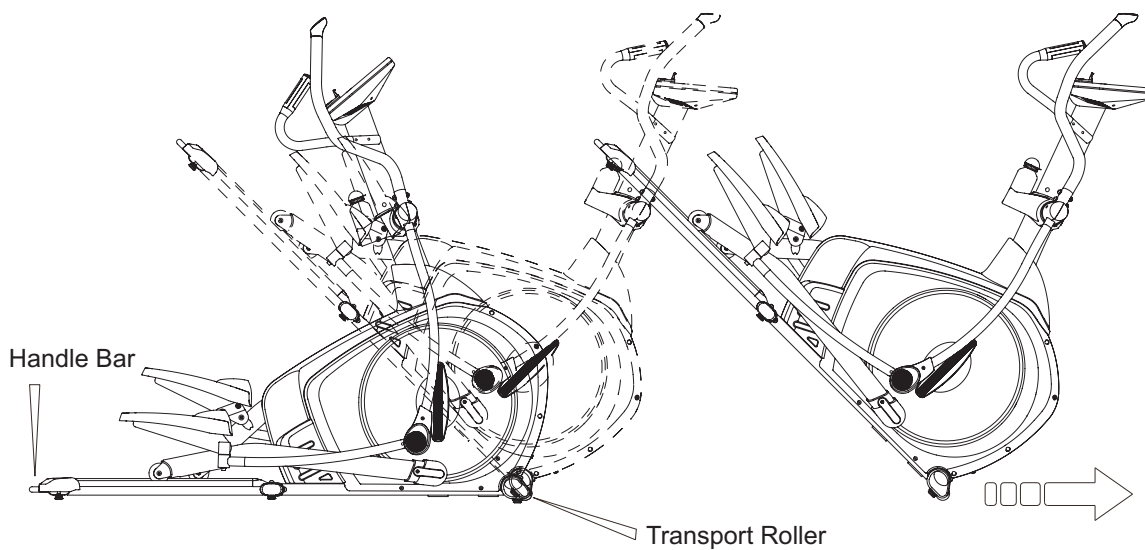
Match and connect the console cables to D2, D1-2, D1-3, D1-4. Then, seat the console(J) on the bracket of the center support tube and tighten with screws(J1).

USE THE ADAPTOR



Place the machine near a wall outlet and plug in the adaptor. Plug in the other end of the adaptor (round plug) to the jack on the machine.

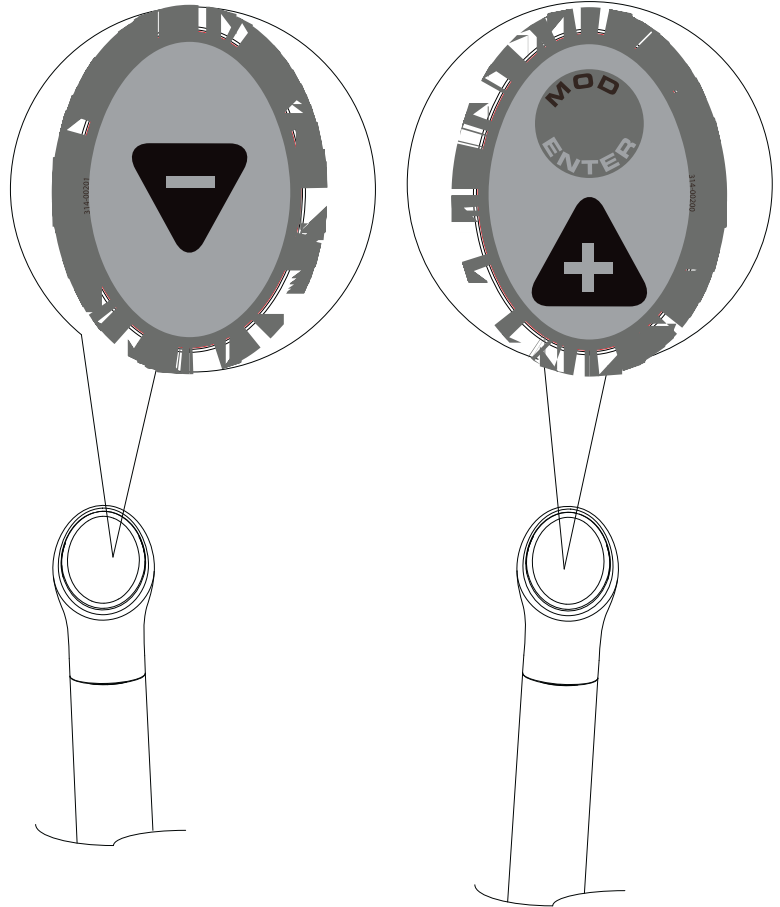
MOVE THE MACHINE



To move, pick the machine up at the end of the slide track and lift. Then, push or pull the machine on its rollers equipped on the front stabilizer.

ASSEMBLY INSTRUCTIONS (cont'd)

<div data-bbox="212 682 253 726" data-label="Image"> </div> <div data-bbox="209 823 256 844" data-label="Image"> </div>	<p>UP/DOWN_</p> <p>When changing settings of a program, these buttons are used to increase/decrease values.</p> <p>Press and hold for two seconds to rapidly increase/decrease values.</p>
<div data-bbox="209 989 253 1010" data-label="Text"> <p>MODE</p> </div> <div data-bbox="209 1041 253 1062" data-label="Text"> <p>ENTER</p> </div>	<p>MODE_</p> <p>This button is used as an enter key, and will allow user to move to the next setting that can be changed. When pressed and hold for 2 seconds or more, console will go back to the user profile selection screen.</p>



CONSOLE



FUNCTION BUTTONS:

MODE - To confirm all setting values.

RESET - To reset all setting values.

Hold on pressing for 2 seconds, monitor will resume to power-up mode.

START/STOP - To start or stop training.

When time count down to 0:00, the computer will stop automatically and beep for 8 seconds. Time will resume to pervious setting value.

When user stop training by themselves, the computer will remain all the setting values and display heart rate chart

UP - To make upward setting.

DOWN - To make downward setting.

RECOVERY - In stop or start mode, press the button will start heart rate recovery status measurement. Time will count down from 0:60.

FAN - To turn on or turn off the fan

P1 - Switch to program profile 1.

P2 - Switch to program profile 2.

P3 - Switch to program profile 3.

P4 - Switch to program profile 4.

P5 - Switch to program profile 5.

P6 - Switch to program profile 6.

P7 - Switch to program profile 7.

P8 - Switch to program profile 8.

P9 - Switch to program profile 9.

P10 - Switch to program profile 10.

P11 - Switch to program profile 11.

P12 - Switch to program profile 12.

FUNCTIONS:

TIME Count up – no preset target, time will count up from 0:00 to maximum 99:59

Count down – with preset target, time will count down from preset to 0.

SPEED Display training speed from 0.0 to maximum 99.9 km or ml.

RPM Display training rotation per minute

CALORIES Count up – no preset target, calories will count up from 0 to maximum 9990.

Count down – with preset target, calories will count down from preset to 0.

CONSOLE (cont'd)

DISTANCE Count up – no preset target, distance will count down from 0.00 to 99.50.

Count down – with preset target, distance will count up from preset to 0.

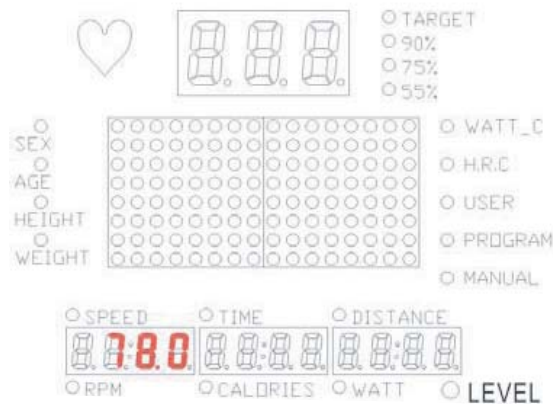
PULSE The monitor will detect and display heart rate when user holds on to hand grip sensor or wears chest belt. If the user wears chest belt and holds on to the handgrips at the same time, the system will display the handgrip (priority) reading

When the monitor cannot detect pulse signal, will display "P".

OPERATING PROCEDURE:

Power on

To connect power supply to the monitor, the monitor will display all segments with a long beep for 2 seconds.



Programs with its corresponding LED will illuminate, user may press UP and DOWN to select preferred program (MANUAL PROGRAM USER HRC WATT).

Training mode

1. Training mode selection:

1-1 Manual mode

User may preset their own resistance level from 1 to 16 by pressing UP or DOWN button.

The default resistance is level 1. Press MODE to confirm setting.

TIME : when blinking, you may press UP or DOWN button to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

DISTANCE : when blinking, you may press UP or DOWN button to set up target distance from 0.00~99.59. Press MODE to confirm setting.

CALORIES : when blinking, you may press UP or DOWN button to set up target calories from 0~9990. Press MODE to confirm setting.

PULSE : the monitor will detect user's heart rate. Please hold on handgrip sensor or wear chest belt when start exercise.

Press START button to start training:

The first segment will start blinking and switches to the next segment per preset time divided into 16. Once the preset target data counting down to 0, the monitor will stop automatically. You may press START button to start training again. Other preset data will keep counting down from previous data.

1-2 Program mode

There are 12 program profiles (P1~P12) for training selection. User may press program buttons from P1 to P12 to select profiles in stop mode.

Or press UP or DOWN button to select each profiles you want and press MODE to confirm. Then you may press UP or DOWN button to adjust the resistance level from 1 to 16.

CONSOLE (cont'd)

TIME : when blinking, you may press UP or DOWN button to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

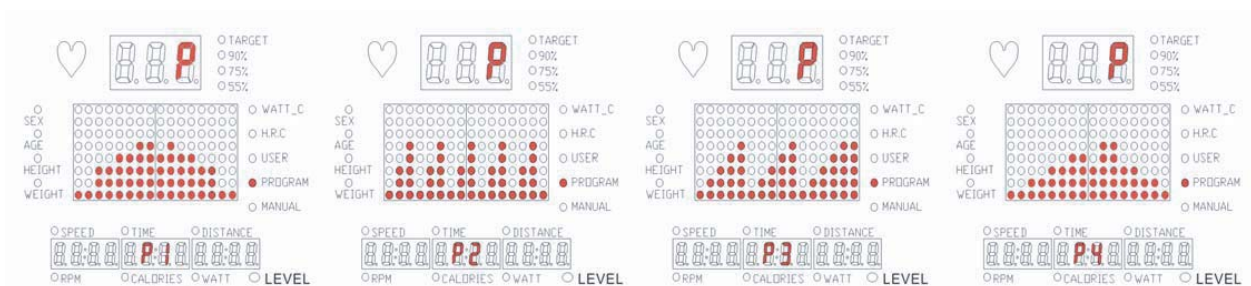
DISTANCE : when blinking, you may press UP or DOWN button to set up target distance from 0.00~99.59. Press MODE to confirm setting.

CALORIES : when blinking, you may press UP or DOWN button to set up target calories from 0~9990. Press MODE to confirm setting.

PULSE : the monitor will detect user's heart rate. Please hold on handgrip sensor or wear chest belt when start exercise.

Press START button to start training:

The first segment will start blinking and switches to the next segment per preset time divided into 16. Once the preset target data counting down to 0, the monitor will stop automatically. You may press START button to start training again. Other preset data will keep counting down from pervious data.



1-3 User profile mode

User may create their own profile in this mode. The first segment of the profile will start blinking, then you may press UP or DOWN button to adjust resistance level for each segment and press MODE to confirm. There are 16 segments for each profile.

TIME : when blinking, you may press UP or DOWN button to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

DISTANCE : when blinking, you may press UP or DOWN button to set up target distance from 0.00~99.59. Press MODE to confirm setting.

CALORIES : when blinking, you may press UP or DOWN button to set up target calories from 0~9990. Press MODE to confirm setting.

PULSE : the monitor will detect user's heart rate. Please hold on handgrip sensor or wear chest belt when start exercise.

Press START button to start training:

The first segment will start blinking and switches to the next segment per preset time divided into 16. Once the preset target data counting down to 0, the monitor will stop automatically. You may press START button to start training again. Other preset data will keep counting down from pervious data.

1-4 WATT control mode

User may preset WATT value by pressing UP or DOWN button, with 5W increment and press MODE to confirm.

TIME : when blinking, you may press UP or DOWN button to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

DISTANCE : when blinking, you may press UP or DOWN button to set up target distance

CONSOLE (cont'd)

from 0.00~99.59. Press MODE to confirm setting.

CALORIES : when blinking, you may press UP or DOWN button to set up target calories from 0~9990. Press MODE to confirm setting.

PULSE : the monitor will detect user's heart rate. Please hold on handgrip sensor or wear chest belt when start exercise.

Press START button to start training:

Screen display profile automatically according to the preset target Watt data, current RPM and training speed. This profile is not available to be adjusted. If the training speed is fast, resistance level will decrease. Otherwise, it will increase. The machine's auto adjustment is to maintain the preset Watt for training.

1-5 H.R.C. mode

User may preset different target heart rate from 55%, 75%, 90% and Target by pressing UP or DOWN button. And press MODE to confirm.

TIME : when blinking, you may press UP or DOWN button to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

DISTANCE : when blinking, you may press UP or DOWN button to set up target distance from 0.00~99.59. Press MODE to confirm setting.

CALORIES : when blinking, you may press UP or DOWN button to set up target calories from 0~9990. Press MODE to confirm setting.

PULSE : the monitor will detect user's heart rate. Please hold on handgrip sensor or wear chest belt when start exercise.

Press START button to start training:

The resistance level will adjust according to user's current heart rate. When it is lower than preset target, the resistance will increase one level every 30 seconds automatically.

On the contrary, the resistance will decrease one level every 15 seconds until it reaches level 1. At this level, if user's heart rate still exceeds target for more than 30 seconds, the monitor will stop and start bi-bi-bi-bi-bi to warn user.

NOTE:

1. The display will shut off if the training is stopped or no button pressed for 90 seconds

2. Error message: E2

When monitor displays this information, the control board connection failed. This message will disappear when the failure is corrected.

MAINTENANCE INSTRUCTIONS

CLEANING

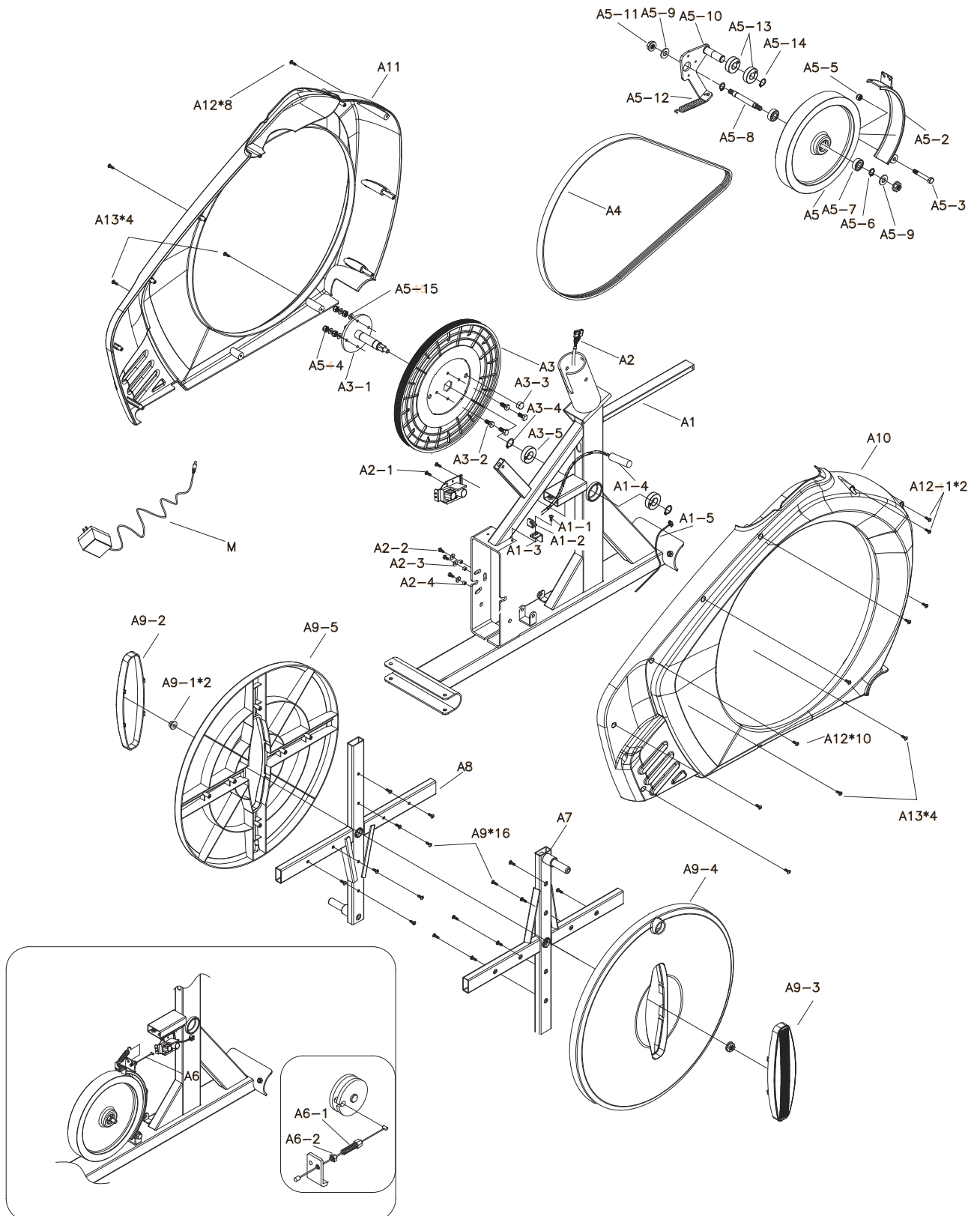
WARNING: Always unplug your elliptical prior to cleaning or servicing your unit, in order to avoid electrical hazard or shock.

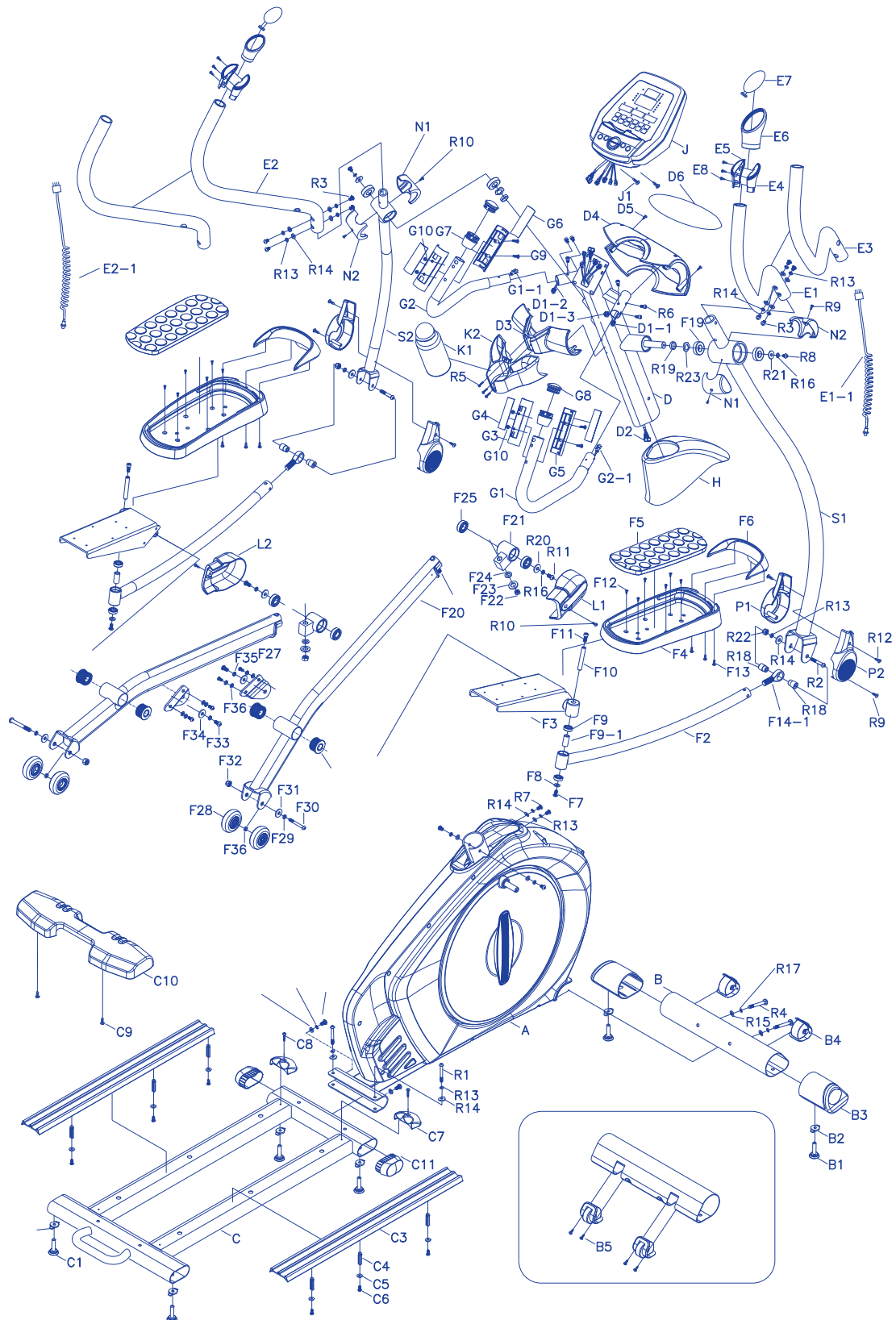
Care has been taken to assure that your elliptical has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components instead seek service from an authorized service center. However, from time-to-time the outer surfaces may appear dull or dirty, following the instructions listed below will restore and preserve the original finish.

Cleaning metal surfaces may be accomplished by using a soft cotton or terry cloth rag with a light application of car wax. Do not use aerosol sprays or pump bottles as they may deposit wax upon the console surface.

From time-to-time the console surface may collect dust or fingers prints. The use of harsh chemicals will destroy the protective coating and cause a static build up that will damage the components. This surface may be cleaned with specially prepared chemicals found in most computer supply stores especially made for anti-static surfaces. It is strongly recommended that you purchase such a cleaning compound.

EXPLODED VIEW





PARTS LIST

P/N	DESCRIPTION	Q'TY	P/N	DESCRIPTION	Q'TY
A	MAIN FRAME	1	A8	CRANK (L)	1
A1	MAIN FRAME	1	A9	SCREW (M5* 20L)	16
A1-1	Cross Head Screw for Axle (M5*15L)	1	A9-1	NUT (M10* P1.0)	2
A1-2	UPPER IRON (T=3.0)	1	A9-2	TURNING CONNECTOR	1
A1-3	LOWER IRON (T=3.0)	1	A9-3	TURNING CONNECTOR	1
A1-4	SENSOR WIRE	1	A9-4	TURING PLATE (R)	1
A1-5	DC CORD Cross Head Screw for Axle	1	A9-5	TURING PLATE (L)	1
A2	SENSOR WIRE	1	A10	CHAIN COVER (R)	1
A2-1	Cross Head Screw for Axle (M6*10)	4	A11	CHAIN COVER (L)	1
A2-2	SCREW(M6* 14L)	4	A12	SCREW (M4* 25)	8
A2-3	WASHER(M6* $\frac{5}{8}$ 16* 1.5T)	4	A12-1	SCREW(M4* 15)	2
A2-4	BUSHING($\frac{5}{8}$ 9* $\frac{5}{8}$ 6.1* 5.3L)	4	A13	SCREW (#10-32 *3/4")	4
A3	DRIVE WHEEL	1	B	FRONT FOOT TUBING	1
A3-1	AXL E $\frac{5}{8}$ 19.98*146.6L)	1	B1	ADJUSTED END	2
A3-2	Cross Head Screw for Axle (M6*18L)	4	B2	IRON	2
A3-3	MAGNET	1	B3	END CAP	2
A3-4	CLIP (C21)	2	B4	TRANSPORT ROLLER UNIT	2
A3-5	BEARING FO R AXLE (6004ZZ)	2	B5	SCREW (#8-32 *5/8")	4
A4	BELT (69J-1428)	1	C	SLIDE TRACK	1
A5	FLYWHEEL L($\frac{5}{8}$ 260*10Kg)	1	C1	ADJUSTED END	2
A5-2	HOUSING FOR MAGNET	1	C2	IRON	2
A5-3	SCREW (M8*52L)	1	C3	ALUMINUM TRACKING	2
A5-4	NUT(M6)	1	C4	NUT (M5)	6
A5-5	NUT (M8)	1	C5	WASHER (M5* $\frac{5}{8}$ 15* 1.5)	6
A5-6	CLIP (C12)	2	C6	SCREW (M5* 13L)	6
A5-7	BEARING (6001ZZ)	2	C7	SLIDE TRACK COVER (SMALL)	2
A5-8	WHEEL AXLE ($\frac{5}{8}$ 12* 120L)	1	C8	SCREW (#10-32 *3/4")	
A5-9	WASHER (M10* $\frac{5}{8}$ 21* 2.0t)	2	C9	SCREW (M4* 15L)	2
A5-10	PRESSING SPRING	1	C10	SLIDE TRACK COVER (BIG)	1
A5-11	NUT (3/8" *26 $\frac{5}{8}$)	2	C11	END CAP	2
A5-12	SPRING	1	D	CENTRAL SUPPORT TUBE	1
A5-13	BEARING (6203ZZ)	2	D1-1	HAND PULSE SENSOR WIRE	1
A5-14	CLIP (C17)	1	D1-2	HAND PULSE SENSOR WIRE	1
A5-15	WASHER(M6)	4	D1-3	SENSOR WIRE	2
A6	TENSION CONNECTOR	1	D2	SENSOR WIRE	1
A6-1	TENSION CABLE	1	D3	COVER FOR CENTRAL SUPPORT TUBE(REAR)	1
A6-2	NUT	1	D4	END CAP OF MAIN SUPORT TUBE (FRONT)	1
A7	CRANK (R)	1	D5	SCREW (M4* 12L)	2
			D6	ALUMINUM PLATE	1

PARTS LIST (cont'd)

E1	SIDE HANDLE BAR(R)	1	F33	SCREW (M8*20L)	2
E1-1	SENSOR WIRE	1	F34	WASHER (M8* $\frac{5}{8}$ 28*2.0t)	2
E2	SIDE HANDLE BAR(L)	1	F35	SPRING (M8)	6
E2-1	SENSOR WIER	1	F36	WASHER(M8* 16* 1.2)	4
E3	SPONGE	2	G1	FRONT HANDLEBAR(RIGHT)	1
E4	TOGGLE SWITCH (RIGHT)	2	G1-1	HAND PULSE SENSOR WIRE	1
E5	TOGGLE SWITCH (LEFT)	2	G2	FRONT HANDLEBAR(LEFT)	1
E6	TOGGLE SWITCH (UPPER)	6	G2-1	HAND PULSE SENSOR WIRE	1
E7	PLASTIC CIRCUIT BOARD	2	G3	HAND PULSE	2
E8	SCREW (M3-10L)	2	G4	PAD FOR HAND PULSE	2
F1	RIGHT MOVING HANDLE BAR	2	G5	HAND PULSE	2
F2	PEDAL TUBE	2	G6	PAD FOR HAND PULSE	2
F3	BRACKET	2	G7	END CAP	2
F4	PEDAL	2	G8	END CAP	2
F5	CUSHION PAD	2	G9	SCREW (M3*35L)	4
F6	Pedal Decorative Cover	2	G10	NUT	4
F7	SCREW (M8* 16L)	4	H	DECORATION COVER	1
F8	WASHER (M8* $\frac{5}{8}$ 18.8* 2.3t)	2	J	MONITOR	1
F9	BEARING (6002ZZ)	2	J1	SCREW	2
F9-1	BUSHING($\frac{5}{8}$ 12.1* $\frac{5}{8}$ 17* 34L)	2	K1	WATER BOTTLE	1
F10	BUSHING ($\frac{5}{8}$ 15* 78L)	12	K2	BOTTLE HONDEL	1
F11	SCREW (M8*20L)	6	L1	DECORATION COVER OF PEDAL TUBE(R)	1
F12	SCREW (M5* 12L)	2	L2	DECORATION COVER OF PEDAL TUBE(L)	1
F13	SCREW (M4*20L)	6	M	ADAPTOR	1
F14-1	SCREW(M16)	2	P1	DECORATION COVER OF JOINTED PEDAL TUBE	2
F19	SPRING (6004ZZ)	2	P2	DECORATION COVER OF JOINTED PEDAL TUBE	2
F20	PEDAL TUBE (RIGHT)	2	N1	DECORATION COVER OF HANDLE BAR	2
F21	JOINT PEDAL TUBE	2	N2	DECORATION COVER OF HANDLE BAR	2
F22	NUT (M10)	2	R1	SCREW (M8* 58)	2
F23	WASHER (M10* $\frac{5}{8}$ 20* 2.3t)	4	R2	SPRING (M8* 70)	2
F24	WASHER (M10)	2	R3	SCREW(M8*20)	8
F25	BEARING (6003ZZ)	2	R4	SCREW (M10* 112L)	2
F26	BUSHING	4	R5	SCREW(M5*20)	2
F27	BRACKET (T=4.0)	2	R6	SCREW(M6* 10)	6
F28	WHEEL ($\frac{5}{8}$ 70)	2	R7	SCREW(M8* 15)	6
F29	SPRING (M8)	2	R8	SCREW(M8*20)	2
F30	SCREW (M8* 78L)	2	R9	SCREW(M4* 15)	2
F31	WASHER (M8* $\frac{5}{8}$ 16* 1.2t)	2	R10	SCREW(M4* 10)	6
F32	NUT (M8)	2	R11	SCREW(M8*20)	2



WARRANTY

USA / CANADA Warranty

Warranties may vary in other countries. See your local BH Fitness Dealer.

WARRANTY SUBMITTAL

Please have the following information available when contacting your dealer or BH for warranty support.

- A copy of the dated purchase receipt or credit card statement.
- An explanation of the problem/malfunction or parts that are missing or damaged.
- Owner's name, address and phone number.
- Model and Serial Number

Forward your information to BH North America by

FAX: (949) 206-0013

E-mail: fitness@bhnorthamerica.com

Mail to: 20155 Ellipse, Foothill Ranch, California 92610, USA

For troubleshooting assistance or to confirm your claim please phone:

(949) 206-0330

(866) 325-2339 (USA & Canada)

BH FITNESS extends the following exclusive, limited warranty of the BH FITNESS XS8 elliptical, which shall apply only to the use of the device in the home, or light commercial facilities (Up to six hours per day for non membership facilities.) Any other use of the device shall void this warranty.

FRAME – Home - Light Commercial / Lifetime

BH Fitness warrants the Frame against defects in workmanship and materials for Lifetime, as long as it remains in the possession of the original owner.

GENERATOR – Home / Lifetime - Light Commercial / 5 Years

BH Fitness warrants the Generator against defects in workmanship and materials for Home / Lifetime – Light Commercial / 5 Years, as long as it remains in the possession of the original owner.



WARRANTY (cont'd)

ELECTRONICS & PARTS – Home - Light Commercial / 5 Years

BH Fitness warrants the Electronic components and all original parts against defects in workmanship and materials for a period of five years from the date of original purchase, as long as the device remains in the possession of the original owner.

LABOR – Home - Light Commercial / 1 year

BH Fitness shall cover the labor cost for the repair of the device for a period of Home - Light Commercial / 1 year from the date of original purchase, as long as the device remains in the possession of the original owner. Labor warranty does not include the travel time and or expense that may result from the unit being outside of the seller or repair technician's normal service zone.

EXCLUSIVE REMEDY – The exclusive remedy for any of the above warranties shall be repair or replacement of defective parts, or the supply of labor to cure any defect, provided that labor shall be limited to one year. All labor shall be supplied by the local retailer and the product must be located within the retailer's service area. Products located outside the retailer's service area will not be covered by the labor warranty.

EXCLUSIONS AND LIMITATIONS – This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, Electronic component, or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear.

BH FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

WARRANTY REGISTRATION – Your warranty card must be completed and sent to BH FITNESS before a warranty claim can be processed.